

## Social Media

### Statistics

2.34 billion people have a social media account (31% of the world's population)  
 Only 3.2 billion have access to the internet (73% of those that have access have social media)  
 79% of the US population have social media profiles  
 98% of 18-29 years old use the internet  
 25% of all age groups have been called offensive names online  
 YouTube 85%, Instagram 72% and Snapchat 69%  
 95% of teens now report access or ownership of a smartphone  
 89% are constant or several times a day user up from 80% 2015  
 50% teenage girls are near constant users  
 Average age of first porn exposure is 8




### Positive

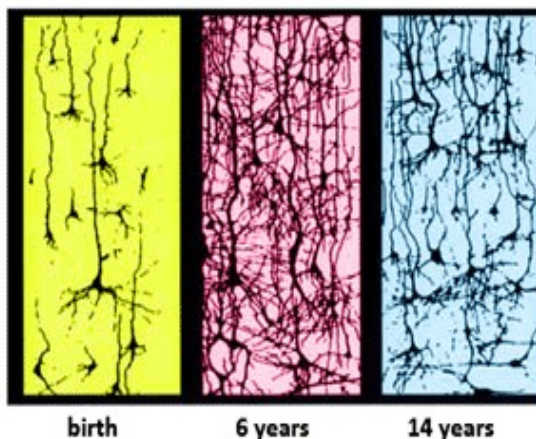
81% feel more connected to their friends  
 69% think it helps teens interact with a more diverse group  
 68% feel as if they have people who will support them through tough times

### Negative

45% feel overwhelmed by all of the drama  
 43% feel pressure to only post content that makes them look good to other  
 37% feel pressure to post content that will get a lot of likes and comments

### Neural Network

Center on the Developing Child  HARVARD UNIVERSITY

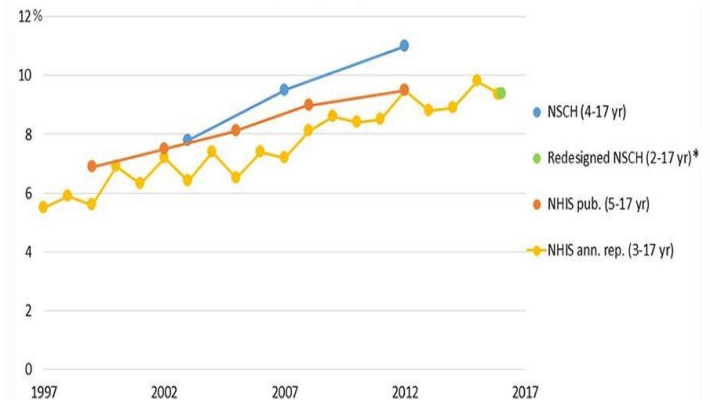


Source: Shonkoff, J. P. (2008) \*\*

We become what we do! What we do becomes more organized and what we do not do gets pruned at a very early age. This is why teenagers are so vulnerable to addiction.

### Correlated Findings

Since 2006 (Introduction of the I Phone)  
ER visits have doubled  
ADHD diagnosis has risen  
A quarter have driver's license (half did in 1983)  
Texting is favorite mode of communication 2018  
compared to face to face 2012  
20% (2007) versus 33% (2015) report being lonely

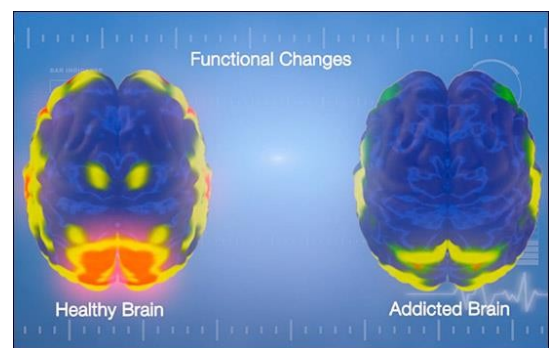


### Concerns

Suicide is the second leading cause of death (Accidents #1)  
21% of teens involved in fatal accidents are distracted by smartphone use  
90% of depressed/anxious teens seek help online  
Heavy use and passive are the highest risk factors  
34% experience cyber bullying of which 30% have suicidal thoughts More likely to share over a smartphone rather than a larger screen 30% of girls and 20% of boys suffer from anxiety disorders  
Students can check their phone over 100 times a day  
The media companies are tapping into the reward centers (Dopamine) to engineer software that will keep you on the technology longer leading to heavy usage and improved chances for addiction

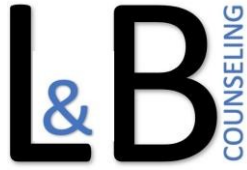
### Addiction Signs

1. Unsuccessful attempts to reduce or stop
2. Loss of interest in previous hobbies
3. Continuation despite problems
4. Jeopardized or lost a relationship, job or opportunity
5. Preoccupation (being absorbed by gaming)
6. Withdrawal (irritability, restlessness and sadness)
7. Tolerance (increase playing to feel satisfied)
8. Escape
9. Deceiving others (lying, sneaking)



### Development of Self-Esteem

Studying peers' social media to learn where one stands in the world (where one fits in) – question quality of their own lives compared to their peers  
Brains become overloaded – causes insecurity  
Feeling good is a sign of how others perceive them (the number of “likes” on social media reflects self-worth)  
Due to underdeveloped frontal cortex, teens expose personal information (lack of self-respect and self-control)  
Teens lack emotional development and human interactions (maintaining eye contact, understanding tone, facial cues, and body language)



L & B Counseling  
Landbcounseling.net

### **What Parents Can Do**

Harm reduction model (not abstinence) – not all apps are the same. May be addicted to one app but not others.

Use personal inventory (on the website under tools)

Track screen time (healthytime.org)

Set limits but there is not a standard (Too much of one thing is not a good thing)

Increase protective factors (more friends, extracurricular activities, hobbies, sleep)

Outpatient Therapy

Online gamers anonymous (Projectknow.com)

Last resort residential therapy (Camp Unplugged, restart)

### **Five Rules to Follow for Parents**

1. Keep child's room screen free
2. Your child's phone is your phone
3. No electronics during dinner
4. Limit screen time for entertainment (TV included)
5. Be a role model

### **Tips for Responsible Limits**

- Create a family social media account
- Relocate apps from small screen to a larger screen (family computer)
- Limit use of per day
- Replace and refill (replace teen's smartphone with a basic phone)
- Rebuild family connection (one-on-one time)

### **Concentration Exercises to Gain Mind Control**

1. Choose a specific vacation destination that has been enjoyable in the past. For five minutes, close eyes and focus all of the attention on that place – the details, the climate, the hotel, and the atmosphere. Everything.
2. Select a picture that represents a positive feeling. Then close eyes after examining the picture for several minutes and see it vividly. Focus to see every detail.